



The Maryland Tobacco Quitline is a **FREE** phone counseling and web support service available 24 hours a day/7 days a week to help Marylanders age 13 and older quit any type of tobacco as well as e-cigarettes. Participants have access to a 12 week supply of nicotine patches/gum (while supplies last), unlimited phone access to a live quit coach, and referrals to community-based cessation resources.

Over 2,500 recent Quitline users were asked about their experience. Here's what we found.

- ✓ **3 out of every 5 callers smoked less cigarettes** at the end of the program than when they enrolled – the program works!
- ✓ **27% of Quitline callers were still quit 30 days or longer.** This is compared to just 10% who were able to quit from their doctor's advice alone or only 4-7% who quit on their own.
- ✓ Participants who used **patches, gum, or medication** were much more satisfied with the program than those who didn't use these.
- ✓ 97% of participants **would recommend** the program to a friend trying to quit tobacco.
- ✓ 93% of callers **were satisfied** with the program.

It's not easy to quit tobacco. You can do it. We can help.

Call 1-800-QUIT NOW